I Am Moving I Am Learning

A Proactive Approach to Preventing Childhood Obesity
I Am Moving I Am Learning Goals

• Moderate to vigorous physical activity (MVPA) everyday.

• Improve the quality of the movement experiences that children have everyday, facilitated by teachers and parents.

• Increase the healthy choices for children that we make everyday.
Help children form the *habit* of making healthy choices while they are young.

It’s easier to establish good habits than to break bad ones!
Build A Bridge
Build a Bridge - Adapted
Take That Rope

Yeehaw!
Hand Jive
For more resources visit these websites:

- headstartbodystart.org
- eclkc.ohs.acf.hhs.gov/IMIL
- abridgeclub.com
- cdbaby.com